

Week 1 Winter Snack, Lunch & Aft Snack

Day	Morning Snack	Lunch/Pudding	Afternoon Snack
Monday P-7 T-3	Fruit toast, grapes & Strawberries.	Macaroni cheese with mixed veg & garlic bread Yoghurt and fruit	Biscuit, blueberries, & Mango
Tuesday P-5 T-3	Rice cake, plums & carrot sticks.	Chicken curry with rice & naan Banana & Custard	Cracker, blackberries & grapes
Wednesday P-10 T-3	Muffin, kiwi & pear	Meatballs, cous cous & flatbread Jam roly & ice cream	Breadsticks, orange & apple
Thursday P-3 T-3	Crumpet, pineapple & peach	Quiche, chips and beans Flapjack & Fruit	Popcorn, pear & raspberries
Friday P-7 T-3	Toast, orange & strawberries	Fishcake, cous cous and veg sticks Yoghurt & fruit	Cracker, cheese cubes & Veg sticks.